

Tuesday 21st April 2020

Dear Parents/Carers,

We have received the following information from our area school sports coordinator regarding a series of home learning PE challenges:

We are looking to promote physical activities each week through email, SSP website and Twitter.

The Norfolk School Games Virtual challenge starts Mon 27th so until then can we promote to Parents and Students the Home Pentathlon Challenge co-ordinated by Sportshall.org

This involves 5 activities of Run, Jump, Throw with instructional videos on line and an option to submit results direct to Sportshall.org where there is a National leader board.

The link to the website is below:

<http://www.sportshall.org/homepentathlon>

A link to Youtube videos explaining the challenges and how to score are below:

<https://www.youtube.com/watch?v=o0PH0Z88SMs&list=PL6DK6xTdLkmwBkVBukZZ2LoTT6VXErNO>

Alternatively, for those without internet access, we have attached PDF's explaining the activities and the scoring Excel sheet.

It would be great to see some West Norfolk Names on the leader board.

Each day we will Tweet one of the challenges as a daily focus.

Further information will follow later in the week. Have fun trying the challenges if you can.

Kind regards,

Mrs Henden